



# COMMON SENSE in the HOME

EDITED by MARION HARLAND



## A MIDSUMMER TALK TO HOUSEWIVES.

The rose of the rich midsummer time is bright with the hues of its glorious prime.

I may be well to remind the reader of the above lines that the author wrote of an English—not an American—summer. In her native land June is the month of roses, as it is with us, but in the British Isles the summer is a different thing from what it is in these United States. Here, to be sure, we speak of the "three summer months—June, July and August"—but our heated term begins the last part of May and continues until September has dragged its enervating length away. The house mother does not always appreciate this fact, and, having brought her family safely through midsummer, feels, by the middle or latter part of August, that the end of all her war against heat and the attendant evils, is near at hand.

I do not wish to discourage her, but more care in diet and regimen is demanded for the last part of the summer than for the first half. I have already said that June is a dangerous month for babies, and, with its sudden heats, it does sometimes prostrate the weak and aged. But the average man and woman are still strong after the long period of cold weather, and, while they may feel the heat uncomfortably, their reserve strength helps them to overcome its effects.

Not so with late August and September. Weeks of torrid days and breathless nights have sapped vitality and energy, and the dog days and humidity incidental to this season find us physically depleted and mentally depressed.

### Month Not to Be Trusted.

The close observer cannot fail to notice that September, while masquerading as an autumn month, is not to be trusted. At the south one learns to expect malarial fevers at this time. City dwellers who have spent July and August in the country return to town for September, so certain are they that the malarial mists and fogs that arise from lake, river and marsh are more deadly in this ninth month of the year than in any other. Even at the north one is not surprised to hear of typhoid epidemics at this period. These recurrent illnesses have been explained by some physicians on the hypothesis that city people have spent the summer months in farmhouses and hotels where the water supply from the adja-

cent wells has not been uncontaminated, and where the drainage has been poor.

This sounds plausible, and yet my private opinion is that we may blame deceitful September herself for many of the disorders to which the sun more deadly. One expects the sun to strike one, and the heat to prostrate one in the months in which summer reigns, but many of us fail to take into account the insidious weapons carried by September. For at no time of the year are the shafts of the sun more deadly. It is as if summer, like the enemy of mankind, had at present great power, for its time is short.

Nor are the dangers of this month confined to the sun alone, since it is a well known fact that the stings of insects of all kinds are more irritating and lasting in this so-called fall month than they were in the honest and avowedly summer days. The wasp, satisfied, heretofore, to meet us in the open, now creeps into crevices and corners of windows and shutters, and stabs mercilessly the meddling hand of any intruder. The sufferer is fortunate if the result of the sting is not lasting, and if a swollen and yellowed puncture does not fester into a wound that is a long and painful time in healing. The always hot tempered yellowjacket shows now a passionate virulence in his assault upon the person who, inadvertently or intentionally, poaches upon what the insect considers his preserve.

### Added Dangers of September.

Even the green and growing things become especially dangerous in September. The poison ivy in the wood and the poison sumach by the wayside are more deadly in their effects than they were a month ago. And to their natural and innate evil is added an ailment that attracts the eyes and the fingers of the uninitiated passer-by. For the scarlet leaves of the poison ivy rival in beauty those of all the other wild vines, while the bushes of sumach wave crimson flags that ought to act as danger signals, but which tempt the nature lover to grasp the brilliant branch and make it his own. And in both cases that which charmed the eye poisons the flesh.

As in all cases where the welfare of the family, little and big, is threatened, it is the mother who must come to the front with the precautions and preventives that, if exercised in time, are more potent than any chance cures that are called into

requestion after mischief is done. Therefore, during the latter half of the heated term, she must be even more rigid in rules of diet and household sanitation than she has yet been—if that were possible.

All summer the slogan has been "Keep cool!" and our housewife has obeyed this command so often that she wonders how there can be any flies left. But the cry is still "They come!" and they continue to multiply. Once in a while a cool morning finds them torpid, but by the time the sun is an hour high they are as lively and as persistent as ever. So keep up the rule of "darkness and cleanliness," which is the only one for ridding the home of their hated presence.

### Keeps Rooms Well Darkened.

Each morning finds wide the blinds, beat and "awake" every winged pest you find, then close the shutters and keep the rooms comfortably darkened until the day begins to decline. "For every crumb left on the table or floor, one fly will develop," said one old-fashioned housewife. And, as she spoke the truth, leave no crumbs about. It is, I acknowledge, a nuisance to have to sweep the dining room carefully after each meal, but the result in absence of flies is worth the pains. If there is nothing to eat at hand the pests will go elsewhere—with your vigorous assistance.

The light and digestible food which has been the staple of diet all summer must still be provided. Perhaps your boys and girls may, like the Israelites who wearied of the manna, declare that their souls loathe the light viands and clamor for "something solid and rich." But do not remit your care for all their crying.

Boiled puddings, roasted and fried foods, pies, and pastries are an abomination to the weary digestions and must be banished for some weeks to come. Salads of all kinds, green vegetables in abundance, and fruits without stint, will assist nature in keeping the blood cool and the liver in good working order. Meat once a day is all that is necessary—even for a workman, if, for other meals, he has such nourishing food as dishes in which milk, eggs, and cheese play an important part.

An abundance of cool—noticed-water, with lemonade, orangeade, grape juice, and ginger ale if one wishes other chilled beverages, will furnish the liquid that the jaded system craves. Ice creams and fruit loaves, eaten slowly, are much more digestible and

palatable at this time of year than would be hot puddings and pies. Peaches should now be in their full glory and are the most digestible of all the summer fruits. They contain an acid that acts directly upon the liver and it is safe to assert that when peaches are ripe and peeled they will not injure any normal person.

### Abundance of Rest Necessary.

The physicians who make rules for right living in hot weather lay special emphasis on the necessity for an abundance of rest. Do not forget this fact when September draws near. Sit out in the evening dampness on lawn or veranda an hour less than you did in June and July, and get to bed early. One of the mitigating features of September is that the nights are usually cool enough to allow one to sleep. Make the most of these hours for rest, and you will find yourself fortified for the strain and stress of the day that is to follow the night. Stay your fasting heart upon the knowledge that after summer's heat comes the coolness of autumn and that after the debilitation of September will come the exhilaration of October.

In closing this talk on midsummer and its evils I would like to add two words of advice. They are "Keep Cool!" If this has been your motto through the last months adhere to it now. Do not allow yourself to fuss about your work or about the heat. All of us are by now pretty tired of hot weather, but talking about our weariness and protesting against it only add to the general discomfort.

Busy yourself regularly and systematically about your usual tasks, resisting the impulse to rush at them. Take one duty at a time, fix your mind on it, and, when it is done, take up another. One task at a time, and one day at a time, are all that can be expected of you. Set yourself to accomplish the one and to live through the other, and the trying term will slip swiftly and safely away.

### Summer Sandwiches.

There is a knack about making really good, appetizing sandwiches, just as there is about making anything else. One of the most important things to be considered is the bread. Any kind may be used, depending on the kind of filling put in. For the very best sandwiches, however, it should be at least

one day old and should be cut into the very thinnest possible slices. Then, after the filling is in, the crusts should be trimmed off and the sandwiches cut, either in strips, triangles, halves, or in fancy cookie shapes. Should the sandwiches not be wanted for immediate use, they should be wrapped up in a clean, dampened cloth and put in a cool spot until needed.

**ORANGE MARMALADE SANDWICHES.**—Orange marmalade, buttered white bread. Cut the bread into thin slices about three-eighths inch thick and spread orange marmalade on one. Put over another slice of bread and cover this with marmalade. Do this until you have four slices on top of one another. Then put under a weight, and when well pressed trim off the crusts and cut down in thin slices with a sharp knife. The slices will look like jelly cake.

**PEPPER SANDWICHES.**—Three green sweet peppers, three hard boiled eggs, small cupful of mayonnaise, thin slices of buttered bread.

Run the peppers and the eggs through the meat chopper or chop them finely in a chopping bowl. Cover the chopped material with sufficient mayonnaise to give it the proper consistency for spreading. Trim the crusts from the buttered bread and put in a substantial layer of the filling.

**DELICIOUS SANDWICHES.**—One and one-half cupfuls of light brown sugar, scant teaspoonful of butter, three-fourths cupful of water, one-half pound of shredded cocoanut, one-half pound of chopped figs, one-half cupful of chopped walnuts, whole wheat bread.

Boil the sugar, butter, and water together until they form a thick syrup. Then remove from the fire and add the cocoanut, the figs, and the nuts. Stir until creamy and pour into a buttered dish. When cool spread between thin slices of the bread.

**CHICKEN SANDWICHES.**—Leftover roasted or boiled chicken, cream to soften; piece of butter, salt and pepper, buttered white bread.

Mince up the chicken and put it into a saucepan with sufficient cream (or gravy, if there is any at hand) to soften it. Then add a good sized piece of butter and a seasoning of pepper and salt. Put over the fire to heat, working the mixture constantly until it resembles a paste. Pour on a plate and when cool spread between thin slices of the bread.



Ice Creams and Fruit Ices, Eaten Slowly, Are Much More Digestible and Palatable at This Time of Year Than Would Be Hot Puddings and Pies.

## MARION HARLAND'S HELPING HAND

### IMPORTANT NOTICE

BECAUSE of the enormous number of letters sent to the department I must ask contributors to limit their communications to 100 words, except in cases of formulas or recipes which require greater space. I want all my correspondents to have a shouting in the corner, and if my request in this respect is complied with it will be possible to print many more letters.

Attention is called to the fact that Marion Harland cannot receive money for patterns, as she has no connection with any department that sells them. Marion Harland.

OUR members have rallied gallantly at the call for practical hints for everyday housekeeping and homemaking. They may be considered as the drops of oil that make the domestic machinery run smoothly. Without such lubricants there would be jars not a few and continual friction. Nothing that eases daily living for one fellow creature is a trifle.

From an Ohio comrade we have a suggestion that will be useful to the dweller "in city tents"—that is to say, apartment houses where closet room is at a premium.

"AN OUTDOOR CUPBOARD.—This is the way we made ours: To the outer frame of the kitchen window was nailed a frame made of boards a foot wide. Lighter boards were inserted for shelves, thus forming a skeleton cupboard. This frame was covered with wire netting. The kitchen window flung up the fourth side and formed a door. Before and after the ice season such a pantry will be found convenient for storing meat and leftovers which would clutter the refrigerator and spoil if left in the kitchen."

I submit to the above a word that may be of service to the apartment dweller: Have the top of the al fresco cupboard covered with linoleum of good quality, and let it be slightly sloping. The projection will then not be an unsightly adjunct to the back of the house, and the gentle incline will shed rain and snow, keeping the contents of the pantry dry. If the bottom be lined with linoleum or oil cloth, it will be more easily kept clean than if the wood were left bare.

### Pineapple Recipes.

From Iowa and from Nebraska we have directions for preparing pineapples that commend themselves to lovers of the fragrant tropical fruit.

"I herewith offer something which will, I hope, prove as truly a boon to some other housemother as it has to me:

"CANNED PINEAPPLES.—In preparing pineapples for canning I have always tried to keep the slices whole and round, and it was not an easy task until this year. Then I hit upon this expedient: I sliced the pineapples first and pared away the outside with a sharp knife. As I began upon the first one, it occurred to me that it would be a great help if I had regular factory tools with which to do the work. Then came the thought: 'Why not use the doughnut cutter?' No sooner said than done! I was more than pleased with the result. Some doubting economist may say, 'Whence this waster?' I answer that

the new method enabled me to turn out round, even slices with the cores removed easily and reduced the waste to a minimum.

"That nothing be lost, I trimmed away the tough rind from the scrap left by the cutter, separating the good bits from the bad, and made of these marmalade. I might have run them through the meat grinder and canned them separately. I inclose the marmalade recipe."

**PINEAPPLE MARMALADE.**—One and a half pineapples ground fine, or the equivalent of ground pineapple made from the "scraps" I have spoken of. Four cupfuls of dried rhubarb; pulp of one orange and half the rind, ground fine. Pulp and half the ground rind of one lemon; one-half cupful of almonds, blanched and ground; six cupfuls of sugar.

"Mix all the ingredients except the nuts into a mass, bruising as little as possible, and cook until they are a thick, clear conserve; take from the stove, stir in the nuts, and pour into glasses rolled in hot water. When they are cold cover with melted paraffin."

The outcome must be fine, and an acceptable contribution to the list of home-made delicacies. To my notion it would be quite as good if not better without the unusual ingredient of dried rhubarb, which is not often included in household stores. Yet, the author of the conserve has the floor and the amendment may be officious.

### Glazed Pineapple.

The second recipe is from a new member of our growing Nebraska chapter:

"GLAZED PINEAPPLE AND OTHER FRUITS.—Sliced fresh pineapple may be used, or even the canned fruit, if the slices be whole and firm. You may mix with these ripe grapes, slices of oranges and grapefruit. Have all clean and dry and string upon clean-strong white linen thread. Have ready an icing of one pint of sugar and a scant pint of water. Boil slowly until a little spins a thread from the tip of a spoon. Set in a warm place, not too far from the range, and dip into it as it coils a string of the sliced fruit. It is well to make these short, and all of a kind upon one thread, or vary the order if you like. Dust with powdered sugar as fast as each is dipped, and lay upon waxed or buttered paper to harden.

"After practice has enabled you to turn out prettily frosted or glazed strings of fruit, you may make a little pin money by mailing a list of your commodities and the prices to prominent dealers in confections, or to those who give luncheons and evening parties. One woman I know of has a ready market for all she can make at \$1 per pound upon strings."

In the exercise of the editorial right to add unto or take away from contributions submitted to the exchange, I suggest that the fruit would be less likely to clog in the process of glazing and look better when this is done, if strung upon long, clean strings than if threaded upon strings.

We have had so many queries concerning candied and frosted fruits that this simple and easy formula is especially welcome.

### Recipe for Coffee Cake.

"I saw some time ago that a Minnesota housemother asked for a recipe for coffee cake. Several have answered the request,

and while I have not the vanity to think my way superior to any or all of the recipes thus far published, I would like to offer the St. Paul member in particular by telling how one Georgia woman makes the cake. We are very fond of it in our family.

"COFFEE CAKE.—Half a yeast cake dissolved in a half pint of water; two tablespoonfuls of sugar; a pinch of salt, flour for stiff batter. Beat all together well and set to rise over night.

"Next morning add one cup of sweet milk, half a cup of butter or lard, half a cup of seeded and halved raisins, and a tablespoonful of ground cinnamon. Mold into loaves and set in a warm place to rise.

"This recipe, sent by a western friend, is fine, but I vary it somewhat when I make the bread. When my sponge is ready for kneading, I take out a pound or more of it and work into this the shortening, sugar, raisins, and cinnamon. The knead, I add to the rest of the sponge and knead all into the loaf. This is less trouble than to work all together at first and I find the result more satisfactory.

"The trouble with the Chicago member ('A. G. E.') who wrote of her lack of success in making coffee bread must have been in the yeast. My yeast cake makes a fine

grained, beautiful bread with little kneading. I save some of the sponge and use instead of a yeast cake for the next baking. If that is to be within a couple of days. I am now using successfully the sponge mixed first eight weeks ago.

"There is a delicate taste to this bread I have seldom known in any other variety. When we find the sponge is 'running out' or getting low, I add a new cake of yeast or make a fresh sponge."

Warm coffee bread, with cream cheese and marmalade, makes as delicious a luncheon-dessert as hungry school boy or girl could desire. As the name indicates, the original purpose of its creation was to accompany coffee in the German "kaffee klatsch," which stands in that land of good things for our afternoon tea. Now we eat it for breakfast or luncheon as the humor takes us.

### Luncheon for Children.

Appropos of children's luncheons, I slip in here a communication from a Chicago mother:

"LUNCHEON FOR SMALL CHILDREN.—A luncheon for small 'kiddies' with dainty appetites is made from a box of animal crackers and one of graham crackers.

## FAMILY MEALS FOR A WEEK

<b>SUNDAY.</b> <b>BREAKFAST.</b> Melons. Cereal and cream. Fried buttered. Corn meal muffins. Toast. <b>Tea and coffee.</b> <b>LUNCHEON.</b> Clam broth mantled with whipped cream. Cold roast garnished with cream. Breakfast muffins, toasted. Thin bread and butter. Crab meat salad. Crackers and cheese. Warm coffee bread (see recipe) and cocoa. <b>DINNER.</b> Julienne soup. Roast lamb with mint sauce. Green peas. Stuffed tomatoes. Home made ice cream and cake. Black coffee.	<b>LUNCHEON.</b> Mince of lamb and macaroni (a left over), tomato sauce. Breakfast biscuit warmed over. Lettuce salad. Crackers and cheese. Bread pudding with sauce. Tea. <b>DINNER.</b> Succotash soup (a left over). Cold liver & Anglaise. Lima beans. Egg plant, stuffed. Peach shortcake. Black coffee.	<b>WEDNESDAY.</b> <b>BREAKFAST.</b> Melons. Cereal and cream. Fried herring. Toast. Coffee and tea. <b>LUNCHEON.</b> Creamed eggs. Fried potato cakes. String beans (a left over). See recipe for mayonnaise. Heated crackers and cheese. Peach shortcake, warmed over from yesterday. Ginger ale punch. <b>DINNER.</b> Clear soup with croquettes. Salad of cold liver (a left over). Scalloped egg plant (a left over). Baked corn. Stewed pears with whipped cream and cake. Black coffee.	<b>THURSDAY.</b> <b>BREAKFAST.</b> Pineapple. Cereal and cream. Fried herring. Toast. Coffee and tea. <b>LUNCHEON.</b> Green peppers, stuffed with mince of liver and ham (a left over). Green corn pudding (a left over). Thin bread and butter. Hot crackers, with cream cheese and Dundee. Toast. Coffee and tea.
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**DINNER.**  
Yesterday's soup.  
Fried chicken.  
Boiled rice.  
Creamed carrots.  
Fried potatoes.  
Black coffee.

**FRIDAY.**  
**BREAKFAST.**  
Melons.  
Cereal and cream.  
Picked up codfish.  
Potato cake.  
Toast.  
Tea and coffee.

**LUNCHEON.**  
Barbecued ham.  
Graham biscuits.  
Stewed potatoes.  
Crackers and cheese.  
Junket.  
Coolidge.

**DINNER.**  
Tomato soup.  
Chicken potpie with rice balls (a left over).  
String beans.  
Fried egg plant.  
Watermelon.  
Black coffee.

**SATURDAY.**  
**BREAKFAST.**  
Oranges.  
Cereal and cream.  
Bacon.  
Poached eggs on toast.  
French rolls.  
Tea and coffee.

**LUNCHEON.**  
Clam chowder.  
Potatoes boiled whole with butter and parsley sauce.  
Lettuce sandwiches seasoned with mayonnaise.  
Baked Welsh rabbit.  
Peas and cream.  
Sweet crackers.  
Tea.

**DINNER.**  
"Scrap soup."  
Beefsteak and onions.  
Succotash.  
Young beans with sauce tartare.  
Fruit dessert.  
Black coffee.

avoiding the chance of cutting the underside of the collar which is still good. Then, with a little of the same material, matching exactly in texture and color, substitute a new collar for that you have pared away. Fit and baste just over the old stitching, taking care to fit the corners nicely. Stitch neatly along the old lines and the garment is as good as new."

Mrs. W. H. R.

### For Cleaning Glassware.

A New York City woman writes with a housewife's brief that has all seasons for its own:

"TO CLEAN WINDOWS, MIRRORS, AND ALL MANNER OF GLASSWARE.—Provide yourself with a small chamois skin; wash it clean in clear, warm water; squeeze it hard to get rid of superfluous moisture and wipe the glass with it, going all over it from top to bottom. Be sure the water is clean for the last wiping. Windows, glassware, mirrors, etc., washed in this way need no polishing and are clear, bright, and free from lint. This process will save the busy housewife hours of time spent in polishing windows at housecleaning and other seasons.

"Use no soap and never wash windows when the sun shines upon them."

Mrs. R. E. F.

Can you mean that nothing is necessary beyond what you have described? You speak of clear water for the last wiping. This implies that the chamois must be redipped, washed, and wrung dry several times. I wish you would write again and be specific upon this point. Thank you for the "lift over a hard place."

### Mayonnaise Dressing Recipe.

"I saw a request in the exchange for a recipe for mayonnaise dressing. I send one which has been used in my home forty years and has never failed when all the implements and materials used in the process were thoroughly chilled.

"MAYONNAISE DRESSING.—Yolks of six eggs beaten stiff with the egg whip. Add a teaspoonful of salad oil and beat for a minute; repeat this process three times; then put in a tablespoonful at a time until the mixture is thick and smooth. Add the juice of a lemon, beat in well, and salt to taste—but lightly.

"Whipped cream may be added if you like. This will keep two weeks upon the ice."

Thank you for a recipe that contains neither vinegar nor mustard. Your formula is as nearly perfect to my taste as it can be. Ingredients are few and the treatment is absolutely correct.

### Green Cucumber Pickles.

"I should like to have you or some of your colleagues tell me how to keep cucumbers pickles in brine, crisp and green, without canning them. Is there any way of doing this besides the salt pickling? I put mine into brine to preserve them, and when I wish to use them soak out the salt and add the vinegar. But they have lost their green color and it is hard to keep them crisp. If I only knew how the professional pickle manufacturers prepare their wares I should be happy. They are so nice!"

Mrs. C. H.

Yet you write from Arkansas! And as I have the best reason in the world for knowing there are no more delicious pickles put up in any region of the globe than in your favored latitude. Did you

chance to see the minute directions given for pickling green cucumbers published in the Corner a month ago? I said then the recipe was too long to be repeated in full within six months. I am constrained by your appeal to condense it here.

**GREEN CUCUMBER PICKLES.**—Lay firm young cucumbers in strong brine for a fortnight, or for a month if more convenient. When you are ready to put them up, pick out all that are not perfect and throw them away. Lay the good in cold water after washing off the brine. Leave in the water for twenty-four hours; exchange this for fresh, and leave for another day and night. Now, line a porcelain or enamel kettle with grape vine leaves, three deep, and pack in the cucumbers in layers, strewing powdered alum between the strata. A bit of alum half the size of an egg should do for two gallons of cucumbers. Powder it finely. Cover the cucumbers two inches deep with cold water, put a thick blanket of vine leaves over all, fit the lid upon the kettle and set over the fire. Steam them slowly for five hours, never once letting the simmer reach the boil. The cucumbers should now be a fine and permanent green. The leaves help to color them and the alum sets the green.

Take them from the kettle and drop, one by one, into ice cold water. It will be lukewarm by the time all are in. Drain it off and fill up with fresh water as cold and leave in this while you prepare the vinegar.

To one gallon of best cider vinegar allow a cupful of sugar, three dozen black pepper corns, the same number of whole cloves, eighteen whole allspices, and a dozen blades of mace, with three tablespoonfuls of celery seed. Put into the clean kettle and cover. Bring to a quick boil, and keep this up for five minutes—not more. Meanwhile pack the chilled cucumbers in a stone crock, then pour the vinegar over them. Fit on a close lid. Two days later drain off the vinegar, bring to a boil, and return to the pickles. Repeat the process at intervals of two, four, and six days. Cover with a tightly fitting top and tie oiled cloth over this. Don't try to eat them for two months. They need this time for ripening. But at the end of a week examine them to make sure no defective or soft cucumber escaped your first inspection.

Cucumbers put up in this way will keep for an indefinite period—if not eaten before the time elapses. They are better at the end of a year than within a month after they are put into the spiced vinegar.

Why—may I ask—should you care to keep yours in brine longer than is absolutely necessary? The salt hardens and toughens them. Moreover, it dulls the fine green you covet. Try this time seasoned recipe, and you will cease to covet the pickles prepared by professional manufacturers.

### Help in Peeling Onions.

The merest briefest from a Chicago co-worker takes another pebble (and not a tiny bit) out of the path.

"Before beginning to peel onions, grease your finger tips liberally with butter or hard or dripping. Then grease the knife and go on with the dreaded job! Not a trace of odor from the onion or garlic will cling to your hands, provided, of course, that you avoid handling the onion with any part of them except the fingers. Mrs. W. H. R."